

**JOB DESCRIPTION
MENTAL HEALTH WORKER
MENTAL HEALTH PROGRAM**

RESPONSIBILITIES

1. Participate in the provision of Restorative Services (See Attached for Description of Restorative Service) to residential clients.
2. Supervise and support all residents on site, and be available and accessible to them.
3. Oversee and record medication intake. Administer breathalyzer and drug screening as instructed.
4. Maintain all required written records, specifically including but not limited to medication, shift logs and communication books.
5. Monitors the site with respect to maintenance of physical environment (House or Apartment), fire safety and accident prevention.
6. Assists with meal preparation, chore activities, safety checks and recreational activities.
7. Maintains collaborative contacts with other individuals and agencies providing services to residents in order to ensure consistency in treatment planning and service provision.
8. Provide crisis intervention as needed.
9. Participate in community meetings, staff meetings, and in-service trainings as required.
10. Follows all programmatic policies and procedures related to Administrative, Emergency and Direct Service practices.
11. Performs other, related duties as necessary and/or assigned.

SUPERVISION

Reports to Program Coordinator

QUALIFICATIONS

High School Diploma with 3 years experience working with the mentally ill. Associates Degree may be substituted for 1-year experience, Bachelors Degree in lieu of experience. Valid Drivers License required. Basic First Aid Certification (Can be completed within 6 months of starting position)

HOURS

Full Time – 37.5 hours/week

JOB DESCRIPTION
Mental Health Worker
MENTAL HEALTH PROGRAM
(RESTORATIVE SERVICES DESCRIPTIONS)

- (1) Assertiveness/Self Advocacy Training means training, which is designed to promote the individual's ability to assess his or her needs to make a life status change and to increase self-awareness about his or her values and preferences. Training will also increase an individual's ability to respond to medical, safety and other personal problems. Activities are also intended to improve communication skills and facilitate appropriate interpersonal behavior.
- (2) Community Integration Services/Resource Development means activities which are designed to help individuals to identify skills and community supports necessary for specific environments, to assess their skills strengths and deficits in relationship to environmental demands, to assess resources available to help the individuals, and to develop a natural support system by accessing social, educational and recreational opportunities.
- (3) Daily Living Skills Training means activities which focus on the acquisition of skills and capabilities to maintain primary activities of daily life. Services are provided by addressing areas of functioning in categories such as: dressing, personal hygiene and grooming, selection and/or preparation of food, cleaning and washing of clothes, maintenance of environment, budgeting and money management. Training is intended to increase those competencies needed by the individual to live in his or her goal environment.
- (4) Health Services means training to maximize independence in personal health care by increasing the individual's awareness of his or her physical health status and the resources required to maintain physical health, including regular medical and dental appointments, basic first aid skill and basic knowledge of proper nutritional habits and family planning. Also included is training on topics such as AIDS awareness.
- (5) Medication Management and Training means the storage, monitoring, record keeping and supervision associated with the self-administration of medication. This does not include prescribing, but does include a certain degree of reviewing the appropriateness of the residents' existing regimen with his or her physician. Activities, which focus on educating residents about the role and effects of medication in treating symptoms of mental illness and training in the skill of self-medication, are also included.
- (6) Parenting Training means structured activities intended to promote positive family functioning and enable residents to assume parenting responsibilities. Activities include peer support groups to foster skills around effective parenting, assistance in selecting and obtaining housing appropriate for families, and linkage with the children's service system. Psycho-education programs on parenting skills, single parenting issues, childcare and the nature of mental illness and its effect on the family are also included.

- (7) Rehabilitation Counseling means a therapeutic modality which includes assisting the individual in clarifying future directions and the potential to achieve rehabilitation goals, identifying and specifying behaviors that impede goal setting, improving awareness of the influence of environmental stress, and helping an individual to generalize newly learned behaviors to housing and other situations outside the program structure.
- (8) Skill Development Services means activities, which assist clients to gain and utilize the skills necessary to undertake employment or pursue educational opportunities. This may include skills related to securing appropriate clothing, scheduling, work related symptom management, and work readiness training.
- (9) Socialization means activities, which are intended to diminish tendencies toward isolation and withdrawal by assisting residents in the acquisition or development of social and interpersonal skills. "Socialization" is an activity meant to improve or maintain a resident's capacity for social involvement by providing opportunities for application of social skills. This occurs through resident and staff interaction in the program and through exposure with staff to opportunities in the community. Modalities used in socialization include individual and group counseling and behavior intervention.
- (10) Substance Abuse Services means services provided to increase the individual's awareness of alcohol and substance abuse and reduction or elimination of its use: such services shall include verbal and medication therapies, psycho-educational approaches and relapse prevention techniques, but shall not include acupuncture without prior Office of Mental Health approval.
- (11) Symptom Management means activities which are intended to achieve a maximum reduction of psychiatric symptoms and increased functioning. This includes the ongoing monitoring of residents' mental illness symptoms and response to treatment, interventions designed to help residents manage their symptoms and assisting residents to develop coping strategies to deal with internal and external stressors. Services range from providing guidance around everyday life situations to addressing acute emotional distress through crisis management and behavior intervention techniques.